

# Hydrochlorothiazide



## The Heart Centre

4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2120 • 1-888-300-3088  
Emergency call: 604-875-2161  
(ask for Cardiologist on call)  
[www.bcchildrens.ca](http://www.bcchildrens.ca)

## What is Hydrochlorothiazide (Hydro-diuril, Apo-hydrochlorothiazide)?

Hydrochlorothiazide (hye-dro-klor-o-THYE-a-zide) is a medication that may be used in patients with heart failure or kidney conditions. It helps decrease extra salt and water in the body by increasing the amount of urine the body makes. Hydrochlorothiazide belongs to a class of medications called diuretics or “water pills”.

It comes in tablet and liquid (suspension) form.

## How do I give this medicine?

- ▶ Shake well if liquid form
- ▶ Give \_\_\_ mL or \_\_\_ tablet(s)(= \_\_\_\_\_mg) \_\_\_\_\_ times a day by mouth/NG or GT
- ▶ May be given with or without regard for food

## How is this medication stored?

- ▶ Store liquid in fridge
- ▶ Keep tablets at room temperature away from sunlight
- ▶ Keep tablets away from moist and damp places
- ▶ Keep medication out of the reach of small children

## What should I do if a dose is missed?

- ▶ Give the missed dose as soon as you remember. If it is close to the time for the next dose, skip the missed dose-give the next dose at the normal time.
- ▶ Do **not** double up the dose.
- ▶ If your child vomits within 15 minutes after a dose - give a new dose. If longer than 15 minutes then wait until next normal medication time.

## Possible common side effects:

- Dizziness or lightheaded due to low blood pressure
- Increased skin sensitivity to sun
- Nausea, upset stomach or poor appetite
- Thirst or dry mouth

## Call cardiologist, cardiology clinic or seek care if your child has any of the following:

- ▶ Skin rash
- ▶ Swollen mouth or lips
- ▶ Diarrhea (loose watery stool)or vomiting lasting longer than 4 hours or \_\_\_\_\_hours
- ▶ Any new symptoms that seem different from your usual heart symptoms

## Other notes or special instructions:

- If the child has taken or been given an extra dose and you are worried call Healthlink BC at 811
- If your child accidentally has taken or been given an overdose call:



**BC Drug and Poison Centre:**  
**1-800-567-8911 • 604 -682-5050**

- ▶ This medication can lower blood pressure. Ask your child to get out of bed or stand up slowly.
- ▶ Hydrochlorothiazide may cause the skin to burn in the sun. Make sure your child has plenty sun protection and wears sunscreen with SPF 15.
- ▶ **Hold the dose if your child is not eating or drinking well.**
- ▶ Check with your doctor or pharmacist before starting any new medications,over the counter medication, or herbal products.
- ▶ Your doctor may check bloodwork for sodium and potassium levels.
- ▶ Hydrochlorothiazide liquid must be made by a specialized pharmacy.
- ▶ Check expiry date.

Developed by the Departments of Pharmacy and Cardiology with assistance from the Department of Learning & Development.

References: upon request • Last updated: Apr.28.2016

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